## SADNESS

- -WHEN WAS A TIME THAT YOU FELT DESPAIR? WHAT TRIGGERED THIS? HOW DID YOU HANDLE IT?
- -WHEN WAS A TIME YOU GAVE UP HOPE? WHAT TRIGGERED THIS? HOW DID YOU HANDLE IT?
- -WHEN WAS A TIME WHEN YOU FELT DEPRESSED? WHAT TRIGGERED THIS? HOW DID YOU HANDLE IT?
- -WOULD YOU DESCRIBE YOURSELF AS BEING MORE SAD THAN HAPPY?
- -WHAT HURTS YOU MOST?
- -ARE YOU EASILY HURT?
- -DO YOU CRY WHEN YOU FEEL LIKE IT?
- -DO YOU AGREE THAT IT IS WISE NEVER TO TAKE A PILL FOR A PAIN YOU NEED TO FEEL?
- -DO YOU LET YOURSELF CRY WHEN YOU FEEL SAD?
- -DO YOU ACCEPT THAT IT'S OK TO FEEL SAD AS WELL AS JOYFUL?
- -HAVE YOU EVER SEEN YOUR PARENTS CRY? HOW DID YOU FEEL?
- -HOW DO YOU HANDLE BEING WITH A CHILD WHO IS CRYING?
- -HOW DO YOU HANDLE IT WHEN SOMEONE YOU'RE WITH SUDDENLY BREAKS OUT IN TEARS?
- -HOW MUCH DOES IT BOTHER YOU TO CRY IN FRONT OF SOMEONE YOU FEEL VERY CLOSE TO?
- -HOW DIFFICULT IS IT FOR YOU TO COPE WITH SOMEONE CRYING IN FRONT OF YOU? DO YOU EVER FEEL AWKWARD OR EMBARRASSED?
- -HOW DO YOU FEEL WHEN SEEING A MAN CRY? UNDER WHAT CIRCUMSTANCES DO YOU FEEL IT IS ALL RIGHT FOR A MAN TO CRY? DO YOU FEEL SOCIETY PLACES MORE RESTRICTIONS ON ACCEPTABLE DISPLAY OF EMOTIONS BY MEN?
- -WERE YOU EVER TOLD "BOYS DON'T CRY"?
- -WHEN WAS THE LAST TIME YOU CRIED?
- -WHEN YOU ARE HURT ARE YOU MORE LIKELY TO BEAR THE PAIN SILENTLY OR TELL THOSE CLOSE TO YOU?
- -HOW OFTEN DO YOU ENGAGE IN SELF PITY?
- -WHEN WAS A PERSONALLY SAD EXPERIENCE? WHAT TRIGGERED THIS? HOW DID YOU HANDLE IT?
- -WHEN WAS A TIME YOU FELT YOU WERE GOING NOWHERE? WHAT TRIGGERED THIS? HOW DID YOU HANDLE IT?
- -WHEN DO YOU FEEL MOST HURT?
- -WHEN DO YOU FEEL UNHAPPY WITH YOURSELF?
- -WHAT MAKES YOU CRY?
- -WHEN YOU ARE SAD WHAT DO YOU FEEL?
- -WHEN DO YOU GET HURT MOST EASILY?
- -WHEN WAS A TIME YOU CRIED IN FRONT OF OTHERS? ALONE?
- -WHEN WAS YOUR SADDEST MOMENT? WHAT TRIGGERED THIS? HOW DID YOU HANDLE IT?
- -HOW MANY TIMES IN THIS PAST WEEK HAVE YOU WISHED YOU WERE NOT ALIVE? WHEN WERE THEY?
- -WHEN YOU FEEL SAD WHAT IS THE BEST THING SOMEONE CAN DO FOR YOU?
- -ARE YOU PRONE TO WALLOWING IN SELF-PITY?

## REMEDIES

-HOW GOOD ARE YOU AT THESE THINGS THAT HEAL SADNESS?

- -TAKING TIME FOR YOURSELF TO HEAL
- -EXERCISE
- -WATCH FUNNY SHOWS, MOVIES
- -KEEP A FLEXIBLE ATTITUDE
- -ACCEPT YOUR FEELINGS
- -PRAYING
- -GETTING PLENTY OF SLEEP AND REST
- -EATING PROPERLY
- -SEE THE HUMOR IN LIFE
- -LITERALLY HOLD YOUR HEAD UP
- -BE ASSERTIVE
- -VISUALIZE ALTERNATIVES
- -BE MORE SELF-AWARE
- -SPEND TIME WITH LOVED ONES
- -READ SPIRITUAL OR INSPIRATIONAL BOOKS
- -MAKE A RETREAT